

# ARE YOU WELL?

FORT WORTH<sup>®</sup>



IT'S  
WELL  
WORTH  
IT



# WELLNESS GUIDE 2018



# TABLE OF CONTENTS

Wellness Program Overview	2
Wellness Incentive Program	3
Healthy Challenge Payout	5
Health Coaching	7
Wellness Classes	8
Wellness Incentive Program	9
Nurse Liaison	10
Blood Drive	11
Fitness Center Discounts	12
Resources for Living <sup>SM</sup> (Employee Assistance Program)	13
Blue Zone Project	14

**Your health insurance premium will increase by \$100/month if you do not complete these 3 things by 8/31/18.**



To earn your 2019 insurance premium incentive, and avoid paying an additional \$100 per month, you must complete the MHA, Tobacco Affidavit or Tobacco Free program and Physician Screening Form by 8/31/18. If your spouse is covered by your health plan, he or she must also complete the requirements for you to receive the incentive.

If you have any questions, please feel free to stop by the Human Resources Department - Wellness Division at City Hall. You can also visit [www.fortworthtexas.gov/wellness](http://www.fortworthtexas.gov/wellness) or call us at 817-392-2623.



# 2018 WELLNESS PROGRAM

## **Healthy Challenge Wellness Program**

The Healthy Challenge Wellness Program is a vital part of our overall benefits program. Whether your goal is to have more energy, to lose weight, to manage stress or to improve your diet, the Healthy Challenge Wellness program can help.

## **City of Fort Worth Viverae Requirements**

To provide the tools and support you need to live healthily, we have partnered with Viverae, a leading health management services provider. Together with Viverae, we'll bring you the latest health and wellness content, educational programs and an online community to keep you motivated.

## **Who can participate in the program?**

Beginning 1/1/2018, all employees hired before 6/1/18 and health plan covered spouses are eligible to participate in the Member Health Assessment (MHA), Tobacco Affidavit/Program and Physician Screening, and can log on to the City of Fort Worth website to take part in all available wellness activities.

## **Is my health information confidential?**

All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with the Viverae team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.



## VIVERAE REQUIREMENTS FOR PREMIUM INCENTIVE

### Insurance Premium Incentive:

To earn your 2019 insurance premium incentive, and avoid paying an additional \$100 per month, you must complete the MHA, Tobacco Affidavit or Tobacco Free program and Physician Screening Form by 8/31/18. If your spouse is covered by your health plan, he or she must also complete the requirements for you to receive the incentive.

### Member Health Assessment

After you register on [www.Connect.Viverae.com](http://www.Connect.Viverae.com), you'll be asked to provide information with My Profile, which includes the brief Member Health Assessment (MHA). Upon completion, your Member Health Report will highlight your current risk level for each lifestyle habit and give you tips for improving your overall health and well-being.

### The Viverae Health Center

The Viverae Health Center is a health and wellness resource available to Viverae members. It is staffed with a variety of highly trained customer care representatives, health professionals and clinicians, including health and exercise specialists and registered nurses and dietitians.

### Contact the Viverae Health Center

There are two ways to contact the Health Center:

- Call toll-free at **1-888-VIVERAE (848-3723)**
- Send a secure message to your coach by selecting the Inbox link at the top of the screen on **[www.Connect.Viverae.com](http://www.Connect.Viverae.com)**

### Viverae Health Center Hours

Monday – Thursday: 7 a.m. – 7:30 p.m. CT

Friday: 7 a.m. – 6 p.m. CT

Saturday – Sunday: Closed

Closed holidays



### HOW TO REGISTER

#### NEW USERS:

#### Step 1

- Visit [www.Connect.Viverae.com](http://www.Connect.Viverae.com)
- Scroll down and click on REGISTER TODAY

#### Step 2

- Enter your last name and date of birth (DOB)
- Enter your identifier:
  - Employees/Retirees: enter your Employee ID number (123456)
  - Spouses: enter "SP-" before entering the employee/retiree ID Number (E.g.: SP-123456)
- Enter the registration code: fortworth

**Note:** If you do not have access to a computer or smart phone/tablet, please call Viverae to complete the MHA and Tobacco Affidavit over the phone.



## VIVERAE REQUIREMENTS FOR PREMIUM INCENTIVE

### TOBACCO FREE:

#### Self-Report You Are Tobacco Free

If you are NOT a tobacco user, follow these steps to complete the Tobacco Affidavit:

1. Visit [www.Connect.Viverae.com](http://www.Connect.Viverae.com)
2. Click on the "Profile" tab
3. Click on the "Resources" tab
4. Under Form and Documents (left) select "Tobacco Affidavit"
5. Self-Report if you are Tobacco Free & Save

### TOBACCO USER:

#### Targeted Tobacco Cessation Program (Breaking Free from Tobacco)

If you use tobacco you can earn points by completing the Targeted Tobacco Cessation Program online by 8/31/18. Breaking Free from Tobacco is a 4-week program designed to encourage lifestyle habits to support tobacco cessation. Since this is a 4-week program, you can only complete one session every 7 days. You must complete all 4 sessions by 8/31/18.

If you are a tobacco user, follow these steps to enroll in the Breaking Free from Tobacco program:

1. Visit [www.Connect.Viverae.com](http://www.Connect.Viverae.com)
2. Click on the "Profile" tab
3. Click on the "Education" tab
4. Click on "Targeted Programs"
5. Scroll down to "Breaking Free from Tobacco"
6. Click on "Enroll"

7. Begin with session 1 (watch video, take quiz, submit)
8. Repeat remaining 3 sessions, 7 days apart for full credit

### Physician Screening Form

The Physician Screening Form (PSF) provides vital information about your overall health. To complete your Biometric Screening visit your physician. During this visit, have your physician complete the Viverae Physician Screening Form, and submit it to Viverae to receive credit. For a copy of the form, select Resources on the portal and then click on Physician Screening Form. You will be able to submit your form via document upload, fax or mail. If your spouse is enrolled in your health insurance plan, he or she must also complete a PSF. Contact the Viverae Health Center at 1-888-VIVERAE (848-3723) with any questions.

**Note:** Physicals done between 9/1/17 and 8/31/18 are eligible.

### Additional Physician Screening Form Information

If you do not have a Primary Care Physician (PCP), you can contact Compass 800-513-1667 or visit the City of Fort Worth Employee Health Centers and they will assist you with locating a PCP and scheduling your physical. Your insurance covers one annual physical per calendar year (not every 12 months). It's covered **100% (free)**.



HEALTHY CHALLENGE **CASH PAYOUT PROFILE**

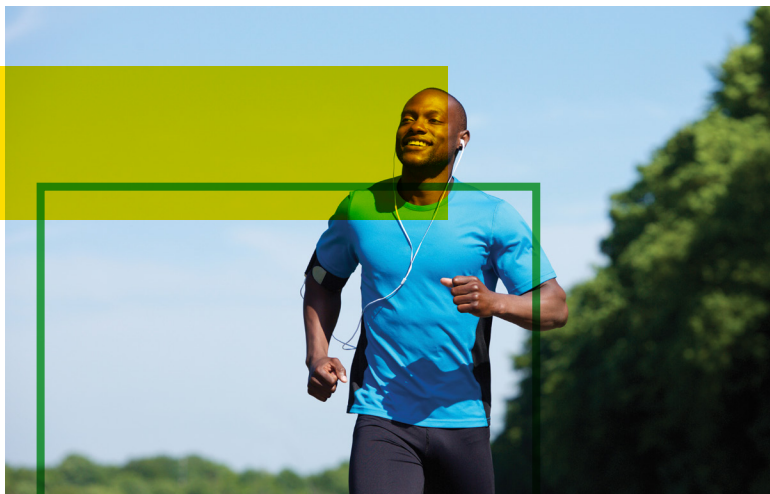
**Note:** While employees are eligible for payouts, spouses are not.

## HOW I GOT MY 400 POINTS

**NAME:** John Simpson | **AGE:** 40

### WHAT HE DOES:

John enjoys physical activity and works out during his lunch time with a group from several departments. He's dedicated to eating well, but gives himself freedom to enjoy great meals with friends. He started utilizing the financial services last month and is well on his way to implementing his established budget. Since he's very competitive the Healthy Challenge incentives, points and especially the cash, is a great way to keep him motivated and moving!



### REWARDS EARNED:

**LEVEL 1:** \$150 payout (reach 250 points)

**LEVEL 2:** \$200 payout (reach 300 points)

**LEVEL 3:** \$250 payout (reach 400 points)

### 2018 HEALTHY CHALLENGE PAYOUT

ASSESSMENTS (Required)	POINTS	DEADLINE
Biometric Screening (Required)	50	12/15/2018
Member Health Assessment (Required)	50	
TOBACCO FREE (Required)	POINTS	DEADLINE
Self-Report Tobacco-Free (Affidavit) or Targeted Tobacco Cessation Program Passed	50 each / 50 max	12/15/2018
PREVENTATIVE SCREENING (Required)	POINTS	DEADLINE
Preventative Screening	50	12/15/2018
PROGRAM ACTIVITIES	POINTS	DEADLINE
250K Steps	25 each / 100 max	12/15/2018
Targeted Programs	25 each / 75 max	
Online Courses	15 each / 45 max	
Employer Challenges - Goal Met	25 each / 75 max	
Peer Challenges - Participant	15 each / 45 max	
Healthy Events - Self-Reported	10 each / 80 max	
HEALTH COACHING	POINTS	DEADLINE
COACHING Session Completed	50 each / 150 max	12/15/2018
PROGRAM GOAL	400	12/15/2018



## HEALTHY CHALLENGE CASH PAYOUT

### Healthy Challenge Cash Payment

The Healthy Challenge Wellness program is based on a point system. You can earn points throughout the year by completing certain program activities.

**Note: While employees are eligible for payouts, spouses are not.**

### GENDER-SPECIFIC PREVENTATIVE SCREENING RECOMMENDATIONS

#### MALES (Must complete any 1 of the following)

Dental Exam
Prostate Exam
Influenza Vaccine ("Flu Shot")
Skin Cancer Screening
Eye Exam
Pneumonia Vaccine ("Pneumococcal Vaccine")
Shingles Vaccine ("Herpes Zoster")
Fecal Occult Blood Test ("Stool Test")
Prostate Specific Antigen Test ("PSA Test")
Colonoscopy
Osteoporosis Screen ("Bone Density Test")

#### FEMALES (Must complete any 1 of the following)

Dental Exam
Well Woman Exam
Influenza Vaccine ("Flu Shot")
Pap Test
Eye Exam
Skin Cancer Screening
Pneumonia Vaccine ("Pneumococcal Vaccine")
Shingles Vaccine ("Herpes Zoster")
Mammogram
Fecal Occult Blood Test ("Stool Test")
Colonoscopy
Osteoporosis Screen ("Bone Density Test")

*HEALTHY  
ISN'T A GOAL.  
IT'S A WAY OF  
LIVING.*



## HEALTH COACHING - VIVERAE

### Call in a Personal, Trained Health Professional

As we strive toward better health, we could all use a little help from experts from time to time. That's why the Viverae Health Coach program is such a valuable part of the Healthy Challenge Wellness Program.

As a Healthy Challenge participant, you have access to a variety of specially trained health professionals, including registered dietitians, clinicians, nurses and certified personal trainers. You'll be assigned to one or more of these professionals depending on your health goals. Earn 50 points per session (up to a maximum of 150 points) toward the Healthy Challenge Cash incentive.

### What Should I Expect During My Coaching Session?

Your Health Coach is an experienced, certified Viverae Health Professional who will support you in behavior and lifestyle modification. You'll receive health education as needed and work together to set realistic health goals. Your coach will help you track progress over time and adjust the program to help you meet your goals. Whether you need to lose 15 pounds, quit smoking or reach a specific fitness goal, a Viverae Health Professional can assist. Coaching sessions take place over the phone or by secure messaging on [www.Connect.Viverae.com](http://www.Connect.Viverae.com) and last between ten minutes to one hour depending on the focus and instruction needed.



### How Do I Contact A Health Coach?

Contact your Health Coach by calling **1-888-VIVERAE (848-3723)** or by visiting the [www.Connect.Viverae.com](http://www.Connect.Viverae.com) homepage.

- Select Inbox from the pull-down menu containing your name in the upper right corner of the home page.
- Then click on the Send a Secure Message to a Health Coach link.



## WELLNESS HEALTHY HABITS CLASSES

### Take Advantage & Up Your Wellness

These fitness and lifestyle classes are offered by the Healthy Challenge Wellness Program to all employees, retirees and spouses at no cost. Participation will also earn points toward the Healthy Challenge Cash Payout. Check the Roundup for class schedules. For more information call the Wellness office at 817-392-2623.

#### FIT CAMP



This boot camp is designed for all ages and fitness levels and focuses on maximum calorie burn in a short amount of time. The emphasis of this class is to get you fit and healthy, challenge your mind, challenge your body and most importantly, to make fitness fun.

#### FULL BODY FITNESS



This is an all-level total body workout class for those individuals ready to challenge themselves using mostly body weight. This is a low impact class that will build strength and fitness endurance.

#### TOTAL BODY BLAST



This heart pumping, total body workout is designed to challenge every aspect of your fitness. Using calisthenics, hand weights, sprints and stair climbing, take your fitness to the next level.



#### YOGA

For all abilities and interests, this class will place an emphasis on increasing awareness of wellness mechanics through various physical postures as

integrated with breathing and relaxation techniques.

#### ZUMBA



Zumba is a dance aerobics class that fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy.



#### FINANCIAL WELLNESS WORKSHOP



No matter your current income or expenses, with the right information and strategies, you can improve the way you manage your money so that you can create more financial security and a better financial future for yourselves.

The purpose of this training session is to give participants the information and strategies they need to achieve financial wellness. The format is a one-hour group session that involves discussion, as well as hands-on exercises.

This class teaches a number of skills, including:

- How to achieve financial wellness
- Developing a financial plan
- Creating a budget and savings strategies
- Credit cards, credit scores and credit reports
- Dealing successfully with major life events affecting financial wellness





# GET CAUGHT DOING SOMETHING HEALTHY!

WELLNESS SWAG	WELLNESS BUCKS
Stress Relievers	6
Fitness Trackers	8
Insulated Mug	10
T-shirt	12
Lunch and Snack Items	14

## WELLNESS INCENTIVE PROGRAM

The **Healthy Challenge Wellness Program** is a unique incentive program for City of Fort Worth employees. In addition to the current Healthy Challenge Cash Payout Program, you can earn Wellness Bucks if you get caught by any of the Healthy Challenge Wellness Program staff doing something “healthy.” Any Wellness Bucks you earn this way can be “cashed in” for several wellness products (i.e. mug, t-shirt, stress ball or pedometer).

### How Does It Work?

The Healthy Challenge Wellness Program staff will be on the lookout for anyone who is working on making lifestyle changes to improve or protect their health. These could include eating more fruits and vegetables, eating low-fat foods, being more physically active, managing stress more effectively, not using tobacco, wearing seatbelts or using your medical self-help manual.

If any of the Healthy Challenge Wellness Program staff “catch” you doing any of these healthy behaviors, they will introduce themselves to you, hand you a green Wellness Buck and say, **“I caught you doing something healthy...keep it up!”** It may not be every time they see you, but certainly some of the time.

Since there are only three Healthy Challenge Wellness Program staff members and over 6000 full-time employees, this may be a daunting task. So, we need your help to identify potential “offenders” of good health. If you or someone you know regularly walks at a certain time each day while at work, let us know and we may just show up to catch them. If you’re having a meeting where there is fresh fruit or vegetables as part of the fare, let us know and we may just show up to catch you. Get the idea?

Now, go out and practice those healthy behaviors, and **Get Caught Doing Something Healthy!**

### Wellness Store

The **Healthy Challenge Wellness Store** will be open each work day 8:00 am – 5:00 pm for you to exchange your Wellness Bucks for Wellness merchandise. For more information call the Wellness office at 817-392-2623.



# YOUR ONSITE NURSE LIAISON

*Amy de la Cruz, RN, MEd*

Amy is an RN with United Healthcare. Her work experience includes wellness, behavioral health, training and disease management. Prior to accepting this position, Amy served as a nurse liaison in another location. She received her BA in Psychology and her Master of Health Education from the University of Texas at Austin. Amy obtained her nursing degree from Austin Community College.

## How can a Nurse Liaison help me?

Amy is available to meet with you to discuss any lifestyle behaviors you may want to improve such as weight loss, nutrition counseling, and disease management and prevention. Amy can help you create and achieve personal health goals. In addition, she can help answer health or medication questions and potentially save you out-of-pocket money on health-related costs.

## Will my personal information that I share with my Nurse Liaison be protected?

Yes, all of your personal health information will be protected in accordance with HIPAA. None of your personal information will be shared with your employer.

## What else does my Nurse Liaison do?

Your onsite Nurse Liaison will:

- Engage employees to make better health care decisions
- Teach employees how to navigate United Healthcare wellness tools and resources
- Provide coaching and support for individuals and groups
- Provide referrals to clinical and community programs
- Offer noninvasive health screenings and health education
- Plan, design, implement and evaluate workplace wellness programs

## Contact your Nurse Liaison

Telephone: Office (817) 392-2668 | Email: amy.delacruz@fortworthtexas.gov  
Office Address: City Hall, 200 Texas Street, Lower Level, Wellness Office.

## BLOOD DRIVE - 2018

### Earn for You While Giving to Others

All full-time City of Fort Worth employees who donate will receive an hour of vacation time. Part-time employees who donate will receive an hour of comp time. You can also earn points for the Healthy Challenge Payout (full-time employees only). So roll up your sleeves and visit the Bloodmobile!

You must provide some type of identification (e.g., your City ID or Driver's License). And be sure to sign both sign-in sheets to get credit for your one hour of vacation time.

### Blood Drive Dates & Locations

February 22, April 18, June 21, August 23, October 18 & December 13

- |                  |  |
|------------------|--|
| 7:30 am—4:30 pm  | <b>1</b> City Hall (south end) Double Reds (Available)       |
| 7:30 am-10:30 am | <b>2</b> Water Field Operations                              |
| 8:00 am—2:00 pm  | <b>3</b> Police/Fire Training Center Double Reds (Available) |
| 11:00 am-4:00 pm | <b>4</b> James Avenue Service Center                         |
| 6:30 am—9:30 am  | <b>5</b> Southside Service Center                            |
| 12:30 pm-3:30 pm | <b>6</b> Hazel Harvey Peace Center Double Reds (Available)   |

### Meet Double Reds

Unlike a traditional whole blood donation, Automated Red Cell Collection (2RBC) allows the donor to safely give two units of red blood cells instead of just one – thus the nickname “Double Reds.” The process separates blood into its components while it is being drawn. Because only red blood cells are being collected, enough can be collected for two red cell transfusions and the remaining components are returned to the donor.

The collection procedure takes just 20 minutes longer than a whole blood donation and can be performed every four months.

### 2RBC Donor Requirements

2RBC donors must meet certain height and weight requirements, as well as routine donor criteria:

- Males must weigh at least 150 lbs. and be 5'5" or taller.
- Females must weigh at least 130 lbs. and be 5'1" or taller.

**If donating at a Carter Blood Care Center, please use Sponsor Number: SPON033098**

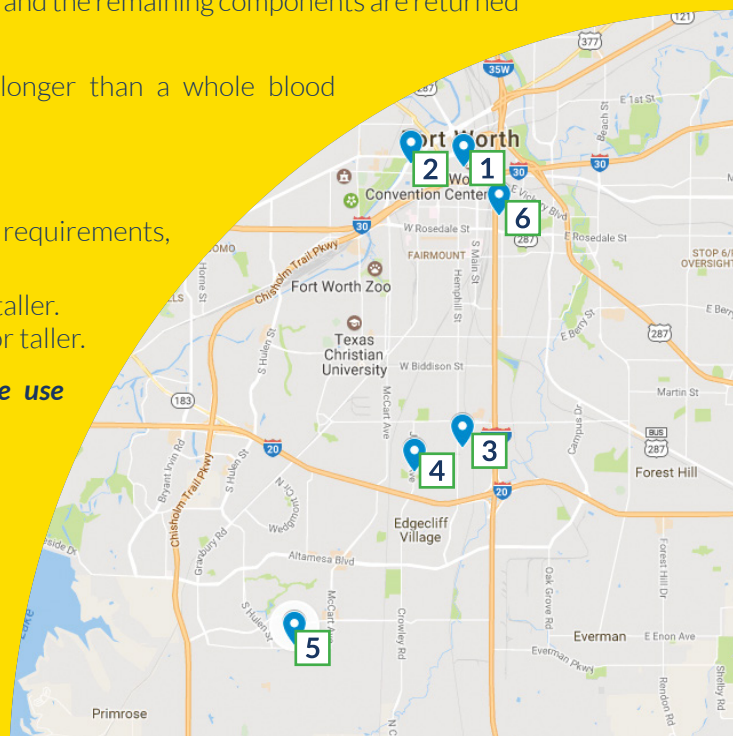
For more information call the Wellness office at 817-392-2623.

# GIVE BLOOD

*Earn 1 Hour of Vacation*

+

*Points for the  
Healthy Challenge  
Payout*





## FITNESS CENTER MEMBERSHIPS

### Maintain Your Fitness at a Discount

Check out the discounted membership fees you are eligible for at area fitness centers. For membership options, call that center. Fees listed are effective as of Jan 1, 2018.



#### Anytime Fitness

Multiple locations, 24-hour access

Enrollment fee: None

One-time security fee: \$25

**Monthly fee:** 20 percent off standard fee with 12-month contract.

(Standard fee is \$49 per month, plus tax.)

Contact Jeff Mannon at 817-207-0900 or visit [www.anytimefitness.com](http://www.anytimefitness.com)



#### Camp Gladiator

Over 750 locations in DFW

Enrollment fee: None

First month trial offer: \$79 (One month only)

**CG Bold 6:** Minimum 6-month commitment for \$75 per month

**CG Bold 12:** Minimum 12-month commitment for \$65.55 per month

Contact Erica Bevel at 817-690-1114 or [ericabevel@campgladiator.com](mailto:ericabevel@campgladiator.com)  
Learn more at [www.campgladiator.com](http://www.campgladiator.com)



#### Larry North Fitness

Multiple locations

**Monthly fee:** No contract

\$45 per month. Pay 12 months in full, get 3 months free.

Enrollment fee: None

Contact Rudy Rivera at 817-336-6784 or visit [www.larrynorthfitness.com](http://www.larrynorthfitness.com)



#### Resource Connection Aquatic Center

2200 Circle Drive, Fort Worth

Enrollment fee: None

**Monthly fee:**

- \$25 per individual
- \$35 for a family of 2-4
- \$45 for a family of 5 or more

Family members must live in the same household.

Contact Justin Ruszkowski at 817-531-7667 or [djruszkowski@tarrantcounty.com](mailto:djruszkowski@tarrantcounty.com)



#### YMCA

Multiple locations

Phone: 817-332-3281 Enrollment fee: None



#### LA Fitness

Multiple locations

**Monthly fee:** \$29.99 plus tax

Enrollment fee: \$25

Contact Valerie Alexander at 817-361-6775, or [www.lafitnessftwsouth@gmail.com](mailto:www.lafitnessftwsouth@gmail.com)

FEE TYPE	INDIVIDUAL	FAMILY
Branch	<b>\$41 per month</b> \$18.92 deduction per pay period	<b>\$67 per month</b> \$30.92 deduction per pay period
Value	<b>\$48 per month</b> \$22.15 deduction per pay period	<b>\$77 per month</b> \$35.54 deduction per pay period
Plus	<b>\$55 per month</b> \$25.38 deduction per pay period	<b>\$88 per month</b> \$40.62 deduction per pay period

## RESOURCES FOR LIVING<sup>SM</sup>

### Employee Assistance Program (EAP)

Resources For Living<sup>SM</sup> is an employer-sponsored, employee assistance program, available at no cost to you and all members of your household. That includes dependent children up to age 26, whether or not they live at home. Services are confidential and available 24 hours a day, 7 days a week.

#### Counseling and Relationship Support

Face-to-Face and Online/Televideo

**Face-to-Face:** Call our dedicated staff, 24 hours a day. You can also talk to licensed behavioral health professionals for emotional support.

- Up to 6 counseling sessions per issue with licensed network professionals at no cost to you (no copays or deductibles to worry about).
- Counseling sessions are available face-to-face, by phone or via televideo (see below).
- Support, consultation and resources are available for a range of issues such as: helping you balance work and home life, family relationship issues, depression, conflict management, alcohol/substance abuse, stress management and more.

**Online/Televideo:** You may have the option of meeting with a counselor from the comfort of your own home via televideo – or even on the phone. Of course you can still see a counselor in person. Your problems are unique and counseling should match that. Your provider can help you determine which option is a good fit for you.

#### Call for Help Anytime

When it comes to using your free EAP sessions, you've got more options than ever before. And there's no need to leave home to work with the same counselor for multiple sessions.

*You can get help with:*

- Anxiety and depression
- Family and relationship issues
- Caregiving
- Time management
- Work-life balance and more

#### Televideo Can Make It Easier

If you have a webcam and Internet access, you may want to ask about televideo counseling. Like face-to-face sessions, you and your counselor can see each other and work on your goals. It's the next best thing to being in the same room, but without the drive time.

With televideo, you can:

- Build rapport together with your counselor
- Fit sessions into busy days
- Cut out any travel time and expense
- Skip the waiting room

#### Web-Based Resources

Our customized website offers a full range of tools and resources on behavioral health and work-life balance topics. Most sections of the website are available in Spanish. Website links include:

- Articles and self-assessments
- Access to worklife service providers
- Stress Resource Center
- Live webinars and on-demand library
- Mobile app
- myStrength – a “health club” for your mind
- Discount Center with discounts on brand-name products and services, including computers and electronics, theme parks, gifts, fitness centers and more

#### Work-Life Balance Services

Gain access to consultation, information and assistance with locating resources, such as:

- Child care, parenting and adoption
- Summer programs for kids
- School and financial aid research
- Care for older adults
- Caregiver support
- Special needs
- Pet care
- Home repair and improvement
- Household services



## Legal Services

Get ½-hour free consultation with a participating attorney for each new legal topic (each plan year) related to:

- General, family, criminal law
- Elder law and estate planning
- Divorce
- Wills and other document preparation
- Real estate transactions
- Mediation services

Receive a 25% discount off of fees for services beyond the initial consultation (excluding flat legal fees, contingency fees and plan mediator services). Services must be related to the employee or eligible household members. Employment law is excluded.

## Financial Services

Receive ½-hour free telephonic consultation for each new financial topic (each plan year) related to:

- Budgeting
- Retirement or other financial planning
- Mortgages and refinancing
- Credit and debt issues
- College funding
- Tax and IRS questions and preparation

Plus, get a 25% discount off tax preparation services.

Services must be for financial matters related to the employee and eligible household members.

## Identity Theft Services

One hour fraud resolution phone consultation or coaching about ID theft prevention and credit restoration. Services include a free emergency kit for victims.

## BLUE ZONES PROJECT®

Blue Zones Project is a community-wide well-being improvement initiative to help make healthy choices easier for everyone in Fort Worth.

A vital part of Fort Worth's Healthiest City Initiative, Blue Zones Project® encourages changes in our community that lead to healthier options. When our entire community participates – from our worksites and schools to our restaurants and grocery stores – the small changes contribute to huge benefits for all of us: lowered healthcare costs, improved productivity, and ultimately, a higher quality of life.

### City of Fort Worth - Blue Zones Approved Worksites

SITE	
1.	City Hall
2.	Annex
3.	Gordon Swift
4.	Zipper Building
5.	Municipal Court – FW
6.	Municipal Court – SW
7.	Hazel Harvey Peace
8.	James Ave Service Ctr
9.	Southside Service Ctr
10.	Animal Control

SITE	
11.	La Gran Plaza
12.	Water – North Holly
13.	Water – Village Creek
14.	Water – Rolling Hills
15.	Bob Bolen Municipal Complex
16.	FWCC
17.	WRMC
18.	Police Communication
19.	BAC
20.	Central Library





# 2018 WELLNESS PROGRAM



## Healthy Challenge Wellness Program

The Healthy Challenge Wellness Program is a vital part of our overall benefits program. Whether your goal is to have more energy, to lose weight, to manage stress or to improve your diet, the Healthy Challenge Wellness program can help.



### Who can participate in the program?

Beginning 1/1/2018, all employees hired before 6/1/18 and health plan covered spouses are eligible to participate in the Member Health Assessment (MHA), Tobacco Affidavit/Program and Physician Screening, and can log on to the City of Fort Worth website to take part in all available wellness activities.

